

Adult Water Polo (ages 17+) at Parkway

A structured water polo practice, including scrimmages. Competitive water polo experience is not required, but strong swimming skills and the ability to tread water are needed.

Fees: \$6 per practice or \$50/10 practices
Saturday 9 - 10:30 am [Masters Group]
Saturday 10:30 am - 12 pm [Adult Group]

Water Aerobics (ages 17+) at Loma Verde

A perfect workout for any level of athletic ability. Participants will benefit from using the natural resistance and buoyancy of the water to avoid subjecting the body to the stress and impact of walking or running on land.

Fees: \$4 or \$35/10 classes
Monday, Wednesday, Friday 11 am 12 pm

Lifeguard Academy (ages 16+) at Parkway

Prepares students for an exciting job by teaching water rescue, first aid, CPR and emergency response techniques. Graduates will receive the certifications required for employment as a Lifeguard I with the City of Chula Vista (\$13.28 starting pay).

Fees: \$100 payable to the City of Chula Vista

\$91 for textbooks and supplies due after passing pretest

\$50 rebate when graduates apply and tryout with Chula Vista

Saturday September 20	8:00 am - 4:00 pm
Tuesday & Thursday September 23 & 24	4:00 pm - 7:00 pm
Saturday September 27	8:00 am - 4:00 pm
Tuesday & Thursday Sep 30 & Oct 2	4:00 pm - 7:00 pm
Saturday October 4	8:00 am - 4:00 pm
Tuesday & Thursday October 7 & 9	4:00 pm - 7:00 pm
Saturday October 11	8:00 am - 4:00 pm

Water Safety Instructor (ages 16+) at Loma Verde

Prepares students to become swim instructors. Water Safety Instructors are in high demand, and graduates will receive the certifications necessary to be a Lifeguard II (\$14.61 starting pay).

Fees: \$125 payable to the City of Chula Vista

\$67 for textbooks and supplies due after passing pretest

\$50 rebate when graduates apply and tryout with Chula Vista

Tuesday & Thursday October 21 & 23	5:00 pm - 8:00 pm
Saturday October 25	8:00 am - 4:00 pm
Tuesday & Thursday October 28 & 30	5:00 pm - 8:00 pm
Saturday November 1	8:00 am - 4:00 pm
Tuesday & Thursday November 4 & 6	5:00 pm - 8:00 pm
Saturday November 8	8:00 am - 4:00 pm
Tuesday & Thursday November 11 & 13	5:00 pm - 8:00 pm

LAP SWIM (9/2 - 12/1)

Parkway Family Aquatic Center

Mon - Fri 11:00 am - 1:00 pm
Saturday 12:00 pm - 3:00 pm (9/2 - 10/4)

Loma Verde Family Aquatic Center

Mon - Fri 6:00 am - 7:30 am
11:00 am - 1:00 pm
5:00 pm - 7:00 pm

RECREATION SWIM (9/2 - 10/4)

Parkway Family Aquatic Center

Saturday 12:00 pm - 3:00 pm

Loma Verde Family Aquatic Center

Returns Summer 2009

POOL ADMISSION FEES

Adult: \$3 or \$24 for 10 visit pass
Senior Citizen (55 + years): \$2 or \$16 for 10 visit pass
Child (4 - 17 years): \$2 or \$12 for 10 visit pass
Infant (6 mos - 3 years): Free with paying adult

Quarterly passes are valid at both facilities. Passes expire at the end of each quarter, and fees cannot be prorated. Passes are available exclusively to Chula Vista Residents for January - March; April - June; July - September; October - December.

Adult Quarterly \$75
Senior Quarterly: \$50
Family Quarterly: \$110

SPLASH PARTY POOL RENTAL

Consider renting the pool as an affordable option for birthday parties, company gatherings, special events, or school activities. Both pools are available during the weekends. Contact an Aquatic Supervisor for details.

Fees: \$110 per hour (2 hour minimum)

POOL CLOSURES

All Pools: August 30 - September 1 [Labor Day Weekend]
Loma Verde: August 24 - September 14 [Maintenance & Repairs]
All Pools: November 11 [Veteran's Day]
All Pools: November 27 - 30 [Thanksgiving Day Weekend]
All Pools: December 24 - January 1 [Citywide Furlough]
Parkway: December 1 - January 4 [Maintenance and Repairs]

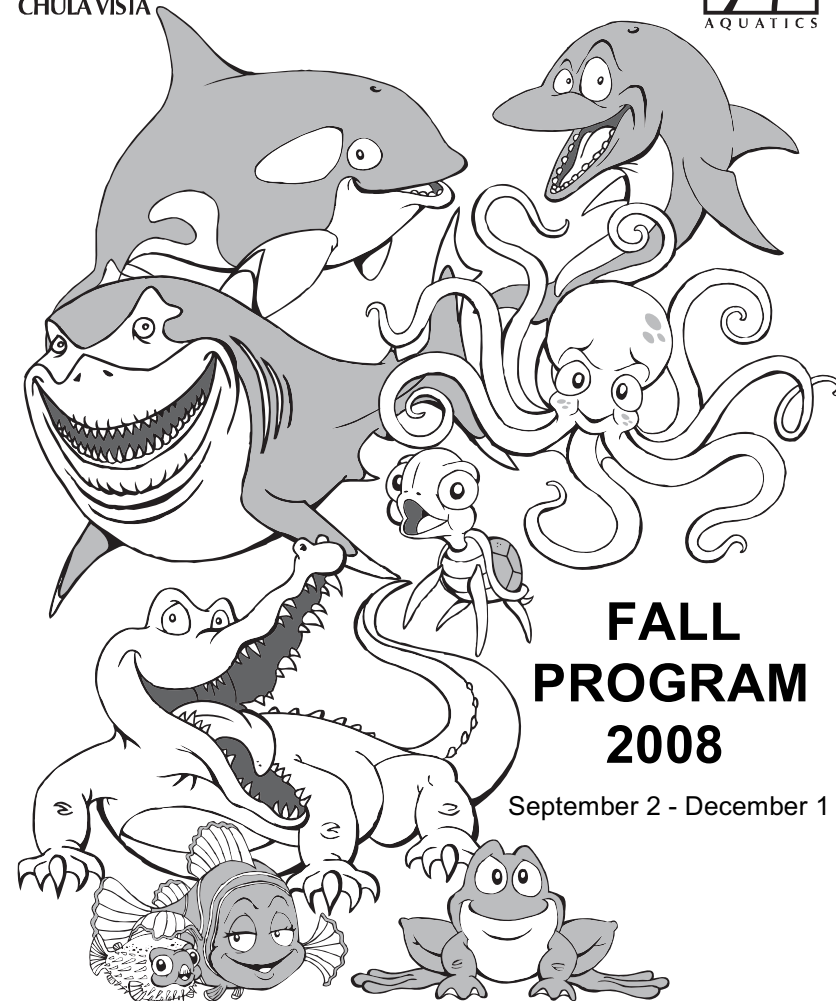
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RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec



FALL PROGRAM 2008

September 2 - December 1

Loma Verde Family Aquatic Center

1420 Loma Lane
Chula Vista, CA 91911
(619) 691-5081
aquatics@ci.chula-vista.ca.us

Parkway Family Aquatic Center

385 Park Way
Chula Vista, CA 91910
(619) 691-5088
aquatics@ci.chula-vista.ca.us

Visit our website for more detailed information
www.chulavistaca.gov/rec

FALL SWIM LESSONS

Register on-line at www.chulavistaca.gov/rec, at either aquatic facility or any Recreation Center.

OFFICE HOURS

Monday - Friday 3 - 7 pm
Registration for fall classes begins on August 18.

REFUND POLICY

Refunds are not issued unless the class is cancelled by the City of Chula Vista. Transfer and credits are issued under limited circumstances up to 72 hours prior to the start of the class. To request a transfer/credit contact an Aquatic Supervisor at the facility that the class is scheduled, or for requests more than 1 week prior to the start of class you may e-mail the request (be sure to include a receipt number) to aquatics@ci.chula-vista.ca.us

CLASS DESCRIPTIONS

Parent & Tot (ages 6 months - 3 years)

Parents join their children in the water for basic water adjustment and safety skills in a warm, enjoyable environment. Having a parent in the water allows our younger aquatic fanatics to gain comfort and confidence. Children in these classes must wear swim diapers or tight fitting rubber pants.

Tiny Tots (ages 4 - 5 years)

Water adjustment safety skills and basic introductory swimming skills are presented in a fun environment. This class introduces children to aquatic instruction without a parent.

Learn to Swim Level 1 to 5 (ages 6 - 16 years)

Swimming skills and personal safety skills are taught to beginning, intermediate and advanced students. Children registered for this program will be assessed on the first day of class to determine the most appropriate level to enhance their aquatic development. Enrollment in these classes can sometimes require that more than one level be combined.

Private Lessons (ages 4 + years)

This is an affordable opportunity for up to 2 participants to receive extra attention from our most experienced instructors. Children benefit from the added personalized attention, and we cater class content to the specific needs of the student(s). The second child is free, but both students must have similar abilities.

Adult Lessons (ages 17 + years)

Adult lessons are catered to meet the various needs of each individual. Participants should come prepared to tell the instructor what skills they want to be the focus of their instruction.

PARKWAY FAMILY AQUATIC CENTER

Monday - Friday Classes

Fee: \$30 / \$45 non-resident per 2 week session

Session 1: September 8 - September 19
Session 2: September 22 - October 3

Parent & Tot (ages 6 months - 3 years)

4:35 - 5:05 pm #7002
5:10 - 5:40 pm #7004

Tiny Tot (ages 4 - 5 years)

4:35 - 5:05 pm #7102
5:10 - 5:40 pm #7104

Learn to Swim (ages 6 - 16 years)

4:00 - 4:30 pm #7202
5:45 - 6:15 pm #7204
6:20 - 6:50 pm #7206 [Levels 1 & 2]

Swim Clinic (ages 6 - 16 years)

6:20 - 6:50 pm pm #7302

Adult (ages 17 +) \$40 resident / \$60 non-resident

6:20 - 6:50 pm #7402

Private Lessons (ages 4 +) \$80 per 2 week session

Monday/Wednesday	Tuesday/Thursday
4:00 - 4:30 pm #7602	4:00 - 4:30 pm #7612
4:35 - 5:05 pm #7604	4:35 - 5:05 pm #7614
5:10 - 5:40 pm #7606	5:10 - 5:40 pm #7616
5:45 - 6:15 pm #7608	5:45 - 6:15 pm #7618
6:20 - 6:50 pm #7610	6:20 - 6:50 pm #7620

Saturday Classes

Fee: \$15 / \$23 non-resident per 4 week session

Session A: September 6 - September 27
Session B: October 4 - October 25

Parent & Tot (ages 6 months - 3 years)

10:50 - 11:20 am #7006

Tiny Tot (ages 4 - 5 years)

10:50 - 11:20 am #7106
11:25 - 11:55 am #7108

Learn to Swim (ages 6 - 16 years)

11:25 - 11:55 am #7208 [levels 1 and 2]

Private Lessons (ages 4 +) \$80 per 4 week session (Saturday)

9:05 - 9:35 am #7622 & #7624
9:40 - 10:10 am #7626 & #7628
10:15 - 10:45 am #7630 & #7632

LOMA VERDE FAMILY AQUATIC CENTER

Monday - Friday Classes

Fee: \$30 / \$45 non-resident per 2 week session

Session A: September 15 - September 26
Session B: September 29 - October 10

Parent & Tot (ages 6 months - 3 years)

4:00 - 4:30 pm #7001
5:10 - 5:40 pm #7003

Tiny Tot (ages 4 - 5 years)

4:00 - 4:30 pm #7101
5:10 - 5:40 pm #7103

Learn to Swim (ages 6 - 16 years)

4:35 - 5:05 pm #7201
5:45 - 6:15 pm #7203
6:20 - 6:50 pm #7205

Swim Clinic (ages 6 - 16 years)

4:35 - 5:05 pm #7401
5:45 - 6:15 pm #7403
6:20 - 6:50 pm #7405

Private Lessons (ages 4 +) \$80 per 2 week session (Mon/Wed)

Monday/Wednesday	Tuesday/Thursday
4:00 - 4:30 pm #7601	4:00 - 4:30 pm #7611
4:35 - 5:05 pm #7603	4:35 - 5:05 pm #7613
5:10 - 5:40 pm #7605	5:10 - 5:40 pm #7615
5:45 - 6:15 pm #7607	5:45 - 6:15 pm #7617
6:20 - 6:50 pm #7609	6:20 - 6:50 pm #7619

Swim Clinic (ages 6 - 17 years)

Designed to bridge swim lessons with competitive swimming, this program provides focused instruction on the racing strokes, starts, turns and finishes. A perfect introduction to swim team. Participants must be able to swim 25 yards of crawl stroke.

YOUR AD HERE

11:00 am - 1:00 pm

12:00 pm - 3:00 pm (9/2 - 10/4)